

Are you a Carer?



A Carer is someone who helps a family member or friend with things like:



emotional support



grocery shopping



preparing meals



medical appointments



administering medicine



personal care



paying bills



help to communicate

Is this you?

Free support is just a phone call away. Contact Carers SA via Carer Gateway on 1800 422 737 or visit carerssa.com.au



An Australian Government Initiative



Connecting carers  to support services

How to access support services

Carers SA is a state-wide organisation, with skilled and professional staff working across South Australia. **Carers SA** is the lead **Carer Gateway** provider in South Australia and provides a range of supports for Carers including Young Carers.

Carer Gateway support services

- **Carer support** - assists Carers to determine what they need.
- **Tailored support packages** - enables Carers to access equipment, planned respite and other services to support their caring role.
- **Counselling** - supports Carers to talk through their concerns and worries.
- **Peer support** - where Carers can meet with people in similar caring situations.
- **Emergency respite** - to make sure the person cared for will be looked after if an urgent or unplanned event occurs and stops the Carer from being there.
- **Coaching** - supports Carers to identify personal goals and create a plan to reach these goals.
- **Advice** - provides information on services and support available.

Carers SA also receives funding from the Government of South Australia – Department of Human Services (DHS) to deliver:

- **Carer Breaks** – group and individual activities to support Carers aged 5 and over to have a full break from their caring role.
- **Services/Support for Young Carers** – connecting Young Carers aged between 5 and 25 with individual and group activities to promote greater connection to social, educational, and other supports.

Additionally, **Carers SA** is a partner of the DHS funded **Statewide Community Connections Program**, that supports people aged 18-64 to increase their wellbeing and build stronger social and community connections.